

Christmas Seal  
Your  
Christmas Mail

# CHRISTMAS SEAL SUPPLEMENT

# The Owosso Times

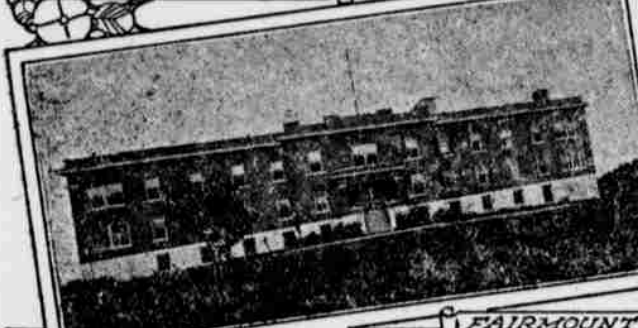
FRIDAY, DECEMBER 2, 1921.

Christmas Seals  
Save  
Human Lives

## Fighting Tuberculosis in The Wolverine State



MORGAN HEIGHTS  
SANATORIUM,  
MARQUETTE.



FAIRMOUNT  
HOSPITAL,  
KALAMAZOO.



COTTAGE AT STATE SANATORIUM,  
HOWELL.



COUNTY SANATORIUM,  
HOUGHTON.



REAR VIEW STATE  
SANATORIUM, HOWELL.



BATTLE CREEK  
OPEN AIR SCHOOL.



EXAMINING  
A PATIENT.



CHILDREN'S PREVENTORIUM,  
GRAND RAPIDS.



STORY GROUP AT CHILDREN'S PREVENTORIUM, GRAND RAPIDS.

### PAST SEAL SALES IN MICHIGAN

Help make the sale of 1921 as much bigger than that of 1920, as that of 1920 exceeded that of 1919. Michigan has made steady progress each year since 1911; will you help maintain this steady growth? Here is the record: 1911—745,210; 1912—1,125,818; 1913—1,556,173; 1914—2,053,607; 1915—2,640,659; 1916—3,500,000; 1917—5,411,742; 1918—Christmas Roll Call; 1919—7,822,484; 1920—12,201,701.

### Frank B. Leland Says—

Complying with the request that I write a message to the people of Michigan on the subject of tuberculosis for the coming Christmas Seal sale, I could almost confine what I have to say to the one word "Hopefulness". However, I must explain just a little the basis of this pleasing hope.

Sixteen years ago when I first became actively engaged in the interest of those afflicted with the white plague, little if any real constructive work had been done in the United States in combating this terrible disease. A few doctors in various parts of the country, following the discovery of the tubercle bacillus by Koch, were doing what they could to arouse the



FRANK B. DELAND, DETROIT

people to the necessity of adequately caring for those afflicted, and to guard against others becoming affected. Dr. Trudeau in the Adirondacks was building his cottages for the out-of-door treatment of the tuberculous and his example was being followed by just a few pioneers in this work. Perhaps half a dozen states had built or were building sanatoria for the treatment of these sufferers, largely for demonstrative or experimental purposes; and that was all. Then at least ninety-nine and nine-tenths of the people believed tuberculosis was an inherited disease and that when a person had once acquired it, he had only to wait for death which usually was not so very long in coming.

In the beginning it was very difficult, often well nigh impossible to interest people in this work. However, the leaven gradually spread and the results obtained brought more and more converts and a few more helpers into the fight. With the adoption of preventive and curative methods in various localities, it was observed that the percentage of deaths from tuberculosis in those localities became less and other places commenced to adopt like methods. Now whole states, many of them, and I think I may be permitted to say Michigan (Continued On Page 3)

### A Case in Point By E. G. PIPP, Detroit.

About two years ago, a young woman who was then in my employ and had been for about eight years came to me with the statement that her doctor, one of the best in Detroit, said she had tuberculosis.

There was a spot on each lung, not large, but there just the same.

During the term of her employment we had maintained a camp in northern Michigan for Detroit girls afflicted with tuberculosis, the money for maintaining the camp having been furnished me by good people of Detroit. The girls sent were selected by the Detroit Board of Health.

We had cared for 45 girls, and 38 of them had returned cured. The selection of the patients was entirely up to the Detroit Board of Health, but it had become the work of this particular young woman to keep the records of the patients, to know that they were provided with funds that would make it unnecessary for them to engage in work that would prove unfavorable to their continued progress after their return home.

Her experience had taught her that tuberculosis positively can be cured. She had seen 38 living examples of it.

She knew that there were certain essentials to a sure recovery, and that they are:

The discovery of the disease in its early stages.

Fresh air every minute of the 24 hours of the day.

Absolute rest so that the energy of the body can be used to fight the disease and build up reserve strength.

Wholesome food in sufficient quantities.

Freedom from financial and other worries.

She had all the physical symptoms to substantiate the doctor's diagnosis; a slight fever in the afternoon, mild night sweats, a capricious stomach. In fact these led her to consult the doctor.

She was philosophical about it. She did not leave Detroit, but lived in the outskirts of the city where she could have a comfortable room and fresh air.

For one year her business was that of curing herself. And at the end of the year her doctor said the cure had been brought about.

But during the second year, she has been careful about her work, and has been careful in every way about protecting her lungs.

Today her face is round, her complexion good, her health excellent, but she hasn't lost her caution. We are too apt to think that all we need to do to fight and whip the Great White Plague is to build hospitals, send the patients through them for a period of several weeks or a few months, and the work is done.

Hospitals which give patients plenty of fresh air, the right kind of food, all the rest they need and freedom from worry can effect a cure if the patient is taken in time.

And environment means a whole lot.

One time our chart showed that every one of eleven patients had lost weight in a single day. One of them had been taken with a severe hemorrhage, and it affected all so that they lost. The one was placed where she

The cuts printed over the top of this page give a small glimpse of some of Michigan's tuberculosis equipment. The scenes depicted here however only hint at what is being done in the Wolverine State to combat the white plague.

It is impossible to print cuts of all the sanatoria in the state, but a list of them is as follows: State Sanatorium at Howell, Munising Sanatorium, Forest Beach Sanatorium at New Buffalo, Chippewa County Sanatorium at Sault Ste. Marie, Genesee County Farm at Flint, Houghton County Sanatorium at Houghton, Jackson County Tuberculosis Hospital at Jackson, Fairmount Hospital Kalamazoo, Pine Crest Sanatorium (private) at Oshtemo, Ingham County Sanatorium at Lansing, Morgan Heights Tuberculosis Sanatorium at Morgan Heights, Woodlawn Hospital at Muskegon, Municipal Tuberculosis Sanatorium at Grand Rapids, Ontonagon County Sanatorium at Ontonagon, Saginaw City Tuberculosis Hospital at Saginaw, Schoolcraft County Sanatorium at Manistique, Herman Kiefer Hospital (city) at Detroit, Tuberculosis Pavilion (Private) at Detroit, Detroit Tuberculosis Sanatorium (city) at Detroit, Eloise Sanatorium (county) at Detroit, Wexford County Sanatorium at Cadillac.

These sanatoria, together with those now under process of construction or soon to be erected, have capacity of about one half the minimum number of beds needed in Michigan. It is estimated that there should be at least as many sanatorium beds as there are annual deaths from tuberculosis in the state. Michigan has gone a long way to that goal during the past few years, but we are still a long ways from providing for the minimum needs of the state.

However, together with the preventoria, the open air schools and several other agencies, the state is beginning to take care of its tuberculous, and the result is being shown in cutting down the death rate to 79.8 per 100,000 during the first six months of 1921, the lowest mark in the history of Michigan.

could have individual care, and the others gained. Another time a natural born trouble maker disturbed the harmony among the others with the same ill effect.

You can't worry and get well; ease of body and ease of mind are essential.

But we must not lose sight either of the before and the after part.

Tuberculosis will be whipped finally and fully when the public knows that early discovery means the saving of the life and at the same time preventing the further spread of the disease.

To be sure that the life is saved there must be follow up work after the patient has left the hospital, to see that the conditions which permitted the disease to gain a foot hold in the first place are not permitted to bring on a relapse.

And what is good for the sick is equally good for the well; that which will cure a disease will prevent it.

We should always remember that

tuberculosis hasn't a chance in a well nourished body that breathes fresh air.

To get plenty of nourishment, freedom from worry and fresh air is an industrial question, but so closely connected with the health question as to be a part of it.

We of Michigan should remember that of all the large cities of the world Detroit for a great many years was the freest from tuberculosis, and is now, although our thousand deaths a year are far too many.

A cure can be brought about anywhere in our own state of Michigan. But the great work of education must go on, as must the work of saving lives and preventing the spread of the disease by caring for the afflicted.

This nation loses three times as many lives each year from tuberculosis as we lost in the great war, and the tremendous loss is needless.

In carrying on the great work of education, we are working not only to help others but to protect ourselves and our own.

of winter, and with winter comes the glad Christmas season, heralded by the Michigan Tuberculosis Association's annual sale of Christmas seals.

The proceeds of this sale will be used in the fight against the tuberculosis scourge and will gladden many a heart with the thought that someone does care.

The salesmen receive no remuneration. Their work is a labor of love.

"Buy Christmas seals and save human lives."

"Christmas seal your Christmas mail".

(Signed) ALEX J. GROESBECK.  
The Capitol,  
Lansing, Mich.,  
Oct. 17, 1921.

**MICHIGAN HEALTH TOAST**  
We pledge the health of brother-man  
Throughout our lake-bound state;  
Of stranger and of next of kin,  
The lowly and the great.  
We pledge pure air on hill and plain,  
Life out-of-doors' triumphant reign,  
Surcease of illness and of pain.  
We pledge our state's best wealth:  
Strength of a clear-eyed, hardy race,  
Laughter of children, woman's grace,  
The richest gift in earth's wide space,  
The heritage of health.

Michigan's Declining Death Rate  
1910..... 97.6    1916..... 92.7  
1911..... 94.6    1917..... 96.7  
1912..... 90.9    1918..... 101.7  
1913..... 87.0    1919..... 85.8  
1914..... 87.3    1920..... 81.7  
1915..... 90.6  
1921, Jan-June..... 79.8

Shortening days, chilly nights and falling leaves warn us of the approach

### Gives Close-Ups of Christmas Seal Children

By  
HARRIET CULVER  
Detroit Free Press Staff

They gave Anne Lieberman two days to live when she entered the children's building at the Detroit Tuberculosis Sanatorium Nov. 25, 1919.

Now she is acknowledged the mother of all the other babies in her department and though she is a tiny five-year old, she speaks with authority and the little tots obey her gladly.

The cheery Christmas Seals have wrought the miracle in Anne's life just as they have helped the scores of children who have been within its snow-white walls since Anna T. Dodge used her money to enable little children to have their fighting chance in life when the shadow of the great White Plague was found to hover over them.

I wish I had time to tell you about all the children who are now under the care of Miss Ethel Dudley who loves them with a love that passeth understanding. There's a human interest story about each one that brings a lump to the throat and a mist to the eyes, from four-year old Ralph, who has lain for a year on a Bradford frame but never complains, to 15-year old Ywe Moy, the Chinese lad who has the rapt face of an artist and the smile of a little child as he lies on his snowy pillows and paints pictures for the school room walls.

You would like to meet Otto who was considered a hopeless case a year ago and can now walk and romp about the corridors, and Emma, who is a little roly-poly now in contrast to the emaciated condition she was in last February when she entered the institution, and is so affectionate that you couldn't help loving her if you tried.

The world has to be the mother of most of the children who are within the walls of the hospital right now. For sickness and bad luck have combined to deprive these helpless children of the love and protection of mothers and fathers. Some of these children have one parent left but the family circumstances make it impossible for them to give these, their most helpless ones, the care they ought to have. And so it gives one the greatest feeling of thankfulness to know that in the Anna T. Dodge building they are getting that most priceless thing in all the world—whole hearted, sympathetic care. For money can, of itself, buy everything but that. And that is why, in the humblest of hovels, we sometimes find the most wonderful of creatures—the little children who are loved and nurtured by mothers who have time to listen to each heart beat, and to whom they can take all their childish troubles in full confidence that they will find a willing ear to listen to them, and a kiss to make the world all bright again.

You have all heard of Billie, who is one of the oldest babies in the Detroit Tuberculosis Sanatorium. For Billie is five years old and he was the most helpless of all tiny creatures when he entered the institution at the age of ten months. Billie has a father on whom family cares rest rather lightly, and so all of Billie's five years (Continued On Page 3)

### MICHIGAN'S CLINICS

Sept., 1920, to July, 1921, Incl. Held by State Dept. of Health, the Mich. Tuberculosis Assn. co-operating.  
Number of counties covered .... 42  
Number of towns covered ..... 114  
Number examined in tuberculosis clinics ..... 2306  
Number examined in children's clinics ..... 7416  
Number examined in ex-soldier clinics ..... 159  
Number of positive Tb. cases ... 156  
Number of suspected Tb. cases .. 730

### Dr. Olin Says—



DR. R. M. OLIN, MICHIGAN  
Commissioner of Health

"Invest as many pennies in Christmas seals during December as you will in postage stamps and you may feel assured that your act is assisting the state and your own community in the prevention and control of tuberculosis," declares Dr. R. M. Olin, Michigan commissioner of health, in endorsing the Michigan Tuberculosis association's annual seal sale.

"Unlike many organizations which go to the public for popular support," says Dr. Olin, "this association has a positive record of accomplishment in lowering the tuberculosis death rate and alleviating misery and suffering to which it can point. Buying Christmas seals is not 'giving' money; it is an investment in health, and lives, and happiness."

### Supt. Johnson Says—

My dear Fellow Workers:  
Cooler days of autumn remind us once more that the Christmas season is approaching and with the coming of the Yule-tide again comes the annual sale of Christmas seals. No extramural work is more important than this. The interest aroused by this sale not only calls the attention of the children and the parents to the great work done in the fight against the white plague, but it also develops an interest in our neighbors and their problems. This goes a long way toward inculcating in a practical manner the spirit of the great commandment: "Thou shalt love the Lord thy God with all thy heart, and thy neighbor as thyself."  
Faithfully yours,  
T. E. JOHNSON,  
State Superintendent of Public Instruction.